

Figure S1. Graphical Overview for Evidence Reviews (GOfER) diagram.

Study	Country	Setting	Design	Quality	Sample Size	Sex	Injuries	Body Region	Injury Type	Injury Mechanism
Marfleet 1991	Belgium Denmark Germany Norway UK	World championship (Competition)	Prospective cohort	Moderate	N=1000	NR	n=485	Head and neck Upper limb Trunk Lower limb	Muscle/Tendon Ligament/Joint capsule Superficial tissues/Skin Other	NR
Reynolds and Halsmer 2006	USA	Regional tournament (Competition)	Cross-sectional	Good	N=135	F M	NR	NR	NR	NR
Yen et al. 2010	USA	College championship (Competition)	Prospective cohort	Good	N=705	F M	n=107	Head and neck Upper limb Trunk Lower limb	Non-contact Indirect contact Direct contact	
McElveen et al. 2014	USA	College league (Competition)	Prospective cohort	Poor	N=553	NR	n=6	NR	NR	NR
Akinbola et al. 2015	USA	University sport clubs (Competition and training)	Prospective cohort	Moderate	N=97	NR	n=143	Head and neck Upper limb Trunk Lower limb	NR	NR
Swedler et al. 2015	USA	College series (Competition and training)	Prospective cohort	Good	NR	F M	n=1317	Head and neck Upper limb Trunk Lower limb	Non-contact Indirect contact Direct contact	
Kolodziej et al. 2017	Poland	Local club sports (Competition and training)	Cross-sectional	Good	N=110	F M	n=408	Head and neck Upper limb Trunk Lower limb	NR	
Lazar et al. 2018	USA	National teams and leagues (Competition and training)	Cross-sectional	Good	N=787	F M	n=338	Head and neck	Non-contact Indirect contact Direct contact	
Arthur-Banning et al. 2018	USA	University club sports (Competition and training)	Retrospective cohort	Moderate	NR	NR	NR	NR	NR	NR
Hess et al. 2020	USA Canada	National league (Competition and training)	Prospective cohort	Good	NR	F M	n=299	Head and neck Upper limb Trunk Lower limb	Non-contact Indirect contact Direct contact	
Brezinki et al. 2020	USA	University club sports (Competition and training)	Prospective cohort	Good	N=69	F M	n=18	NR	NR	NR

Abbreviations: USA, United States of America; UK, United Kingdom; F, Female; M, Male; NR, Not reported